



## A MINUTE OF HEALTH WITH CDC

### *Exercise Away the Pain*

*National Arthritis Month — May 2010*

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Nowadays, it seems like there's a pill for everything, but for the 46 million U.S. adults affected by arthritis, the best medicine might be a couple of laps around the block. Arthritis causes pain in the joints and can limit activities, especially among middle age and older adults. Putting those joints to use through some form of physical activity on a regular basis might be the best way to alleviate the pain. People with arthritis can improve their strength and flexibility through a variety of activities, including stretching, swimming, walking, and biking. Ask your healthcare provider to recommend an exercise regimen that's appropriate for your age and physical condition.

Thank you for joining us on *A Minute of Health with CDC*.

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